

# Matzo Meal Kugel (Pudding)

**Makes:** 12 Servings

Kugel is a baked pudding or casserole. Matzo meal kugel is traditionally served on the Jewish holiday of Passover. This dish is easy to make and can be served as a side dish or a dessert.

## Ingredients

- 4** eggs
- 1 cup** sugar
- 4 cups** milk, 1%
- 5 tablespoons** butter, melted
- 2 cups** matzo meal
- 1 teaspoon** salt

## Directions

1. Combine eggs and sugar; beat well. Add milk and melted butter; mix well. Stir in matzo meal and salt.
2. Pour into buttered 11x13" pan. Bake at 350°F for 1 hour (don't over bake).
3. Cut into slices. Can be served hot or cold.

**Source:** University of Illinois Extension; Osteoporosis Facts & Recipes.

Nutrition Information	
Nutrients	Amount
<b>Calories</b>	<b>170</b>
Total Fat	7 g
Saturated Fat	4 g
Cholesterol	80 mg
Sodium	300 mg
Total Carbohydrate	21 g
Dietary Fiber	0 g
Total Sugars	21 g
Added Sugars included	N/A
<b>Protein</b>	<b>5 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	